

**Bay Valley Athletic League
Cross Country 2020**

- **First practice: August 10**
- **Final Competition (other than NCS/CIF): November 14**
- **Starting times: 3:30 PM**
- **Maximum number of contests: 14**

Wednesday, September 16

**Pittsburg @ Liberty
Antioch @ Freedom
Heritage @ Deer Valley**

Wednesday, September 23

**Pittsburg @ Antioch
Liberty @ Deer Valley
Heritage @ Freedom**

Wednesday, September 30

**Deer Valley @ Antioch
Liberty @ Heritage
Freedom @ Pittsburg**

October 5-11: Bye Week

Wednesday, October 14

**Deer Valley @ Freedom
Antioch @ Liberty
Pittsburg @ Heritage**

Wednesday, October 21

**Deer Valley @ Pittsburg
Freedom @ Liberty
Heritage @ Antioch**

Wednesday October 28th (Reserved for AQI or Heat Index Make-Ups)

Wednesday, November 4

BVAL Championships @ TBD

Race Times Are As Follows

*JV 2 Mile- Girls 11:30 AM. Varsity 3 Mile- Girls 1:15 PM
JV 2 Mile- Boys 12:00 PM Varsity 3 Mile- Boys. 1:45 PM
JV 3 Mile- Boys/Girls 12:30 PM*

Saturday, November 21: NCS Championships

Approved: October 21, 2019